

**Abstract**

The invention relates to an electric plug (1) comprising a plug housing (2), at least two incorporated plug-in contacts (3 and 4) that are to be inserted into corresponding jacks of an outlet, and a cable feeder (5). A manually actuated ejection mechanism encompassing expressing means (7) is disposed in the plug housing (2). The expression means (7) cooperates with a spring (8) in such a way that the spring (8) is biased in the plugged-in state of the plug (1) in order to allow the plug (1) to be automatically removed from the outlet by means of the expression means (7) when the ejection mechanism is actuated. In order to actuate the ejection mechanism (6), the same is automatically triggered by pulling on the cable (9), the tensile force being effective on a strain relief device (10) for the cable (9), which is located in the plug housing (2) and cooperates with triggering means (11) for actuating the spring(8)-biased expression means (7). The triggering means (11) and the expression means (7) comprising the spring (8) thereof are arranged in the plug housing (2) formed by two housing shells (2.1 and 2.2) or are coupled to each other in the plug housing (2) such that the means (11 and 7) are biased exclusively by plugging the plug (1) into an outlet.